

**Claims:**

1. A method of pre-conditioning inserts for injection molding, comprising:  
placing the insert in position against the molding surface; and  
heat-soaking the insert.
2. A method of pre-conditioning an insert as defined in claim 1, wherein heat-soaking comprises irradiating the insert with energy that is preferentially absorbed by the insert.
3. A method of pre-conditioning an insert as defined in claim 1, wherein heat-soaking comprises irradiating the insert with infrared energy.
4. A method of pre-conditioning an insert as defined in claim 3, wherein the infrared energy irradiating the insert comprises broadband infrared energy.
5. A method of pre-conditioning an insert as defined in claim 3, wherein the infrared energy irradiating the insert is preferentially absorbed by the insert.
6. A method of pre-conditioning an insert as defined in claim 1, wherein heat-soaking comprises irradiating the insert with microwave energy, ultraviolet energy, or radio frequency energy.
7. A method of pre-conditioning an insert as defined in claim 1, wherein the insert comprises a polarizer.
8. A method of pre-conditioning an insert as defined in claim 1, wherein the insert comprises multiple layers.

9. A method of pre-conditioning an insert as defined in claim 8, wherein the insert comprises a layer having one or more selected optical attributes.

10. A method of pre-conditioning an insert as defined in claim 8, wherein the insert comprises a layer having an optical attribute selected from the group consisting of polarization, color, photochromism, electrochromism, selective visible transmittance, selective ultraviolet transmittance, selective infrared transmittance, higher refractive index than at least one other layer, and lower refractive index than at least one other layer.

11. A method of pre-conditioning an insert as defined in claim 8, wherein the insert comprises a layer having one or more selected physical attributes.

12. A method of pre-conditioning an insert as defined in claim 8, wherein the insert comprises a layer having a physical attribute selected from the group consisting of abrasion resistance, impact resistance, chemical resistance, and mechanical support.

13. A method of pre-conditioning an insert for improved replication of a molding surface, comprising:

providing an insert having a curvature measurably different from the average curvature of the molding surface;

placing the insert in position against the molding surface; and  
heat-soaking the insert.

14. A method of pre-conditioning an insert as defined in claim 13, wherein heat-soaking comprises irradiating the insert with energy that is preferentially absorbed by the insert.

15. A method of pre-conditioning an insert as defined in claim 13, wherein heat-soaking comprises irradiating the insert with infrared energy.

16. A method of pre-conditioning an insert as defined in claim 15, wherein the infrared energy irradiating the insert comprises broadband infrared energy.

17. A method of pre-conditioning an insert as defined in claim 15, wherein the infrared energy irradiating the insert is preferentially absorbed by the insert.

18. A method of pre-conditioning an insert as defined in claim 13, wherein heat-soaking comprises irradiating the insert with microwave energy, ultraviolet energy, or radio frequency energy.

19. A method of pre-conditioning an insert as defined in claim 13, wherein the insert comprises a polarizer.

20. A method of pre-conditioning an insert as defined in claim 13, wherein the insert comprises multiple layers.

21. A method of pre-conditioning an insert as defined in claim 20, wherein the insert comprises a layer having one or more selected optical properties.

22. A method of pre-conditioning an insert as defined in claim 20, wherein the insert comprises a layer having an optical attribute selected from the group consisting of polarization, color, photochromism, electrochromism, selective visible transmittance, selective ultraviolet transmittance, selective infrared transmittance, higher refractive index than at least one other layer, and lower refractive index than at least one other layer.

23. A method of pre-conditioning an insert as defined in claim 20, wherein the insert comprises a layer having one or more selected physical attributes.

24. A method of pre-conditioning an insert as defined in claim 20, wherein the insert comprises a layer having a physical attribute selected from the group consisting of abrasion resistance, impact resistance, chemical resistance, and mechanical support.

25. A method of pre-conditioning an insert as defined in claim 13, wherein the insert has a curvature that is steeper than the average curvature of the molding surface.

26. A method of pre-conditioning an insert as defined in claim 25, wherein the insert has a curvature at least 10% steeper than the average curvature of the molding surface.

27. A method of pre-conditioning an insert as defined in claim 13, wherein the insert has a curvature that is shallower than the average curvature of the molding surface.

28. A method of pre-conditioning an insert as defined in claim 27, wherein the insert has a curvature at least 10% shallower than the average curvature of the molding surface.

29. An optical part comprising an insert prepared by the method of claim 1.

30. An optical part as defined in claim 29, wherein the insert comprises a polarizer.

31. An optical part comprising an insert prepared by the method of claim 13.

32. An optical part as defined in claim 31, wherein the insert comprises a polarizer.

33. An optical part as defined in claim 31, wherein the insert comprises multiple layers.

34. An optical part as defined in claim 31, wherein the insert has a curvature that is steeper than the average curvature of the molding surface.

35. An optical part as defined in claim 31, wherein the insert has a curvature that is shallower than the average curvature of the molding surface.